

School Health Promotion Morning Announcements

APRIL: Spring into Fresh Fruits & Veggies!



Short:

[Start speaking here.]

No more arctic blasts! Who's ready for spring?! In the spring, farmers sell their freshly-grown fruits and vegetables at our local farmers markets. Freshly picked fruits and veggies come in a rainbow of colors and taste great. They contain many of the nutrients we need to grow strong. You should eat 5 fruits or veggies a day for a healthier body and mind.

###

